

# Acton community kitchen really 'cookin'

Would you like to cook in a group, save time and money, and have some fun? If so, a community kitchen may be just for you.

In a community or collective kitchen, a group of five or six people get together to prepare five meals to take home for their families. These meals can usually be prepared for \$1 per serving.

A group of Acton cooks has been meeting twice a month, once to plan and again to do the actual

cooking, at the Christian Reformed Church. With the guidance and support of the Halton Healthy Lifestyles Coalition, this group has been cooking since February.

At the planning session, recipes are discussed, grocery store flyers are examined, recipes are adjusted to fit the number of servings, and the grocery lists are made. Participants contribute their money and shopping tasks are assigned.

During the week, groceries are

purchased and participants meet back at the church to prepare the meals. A cooking session takes about four or five hours.

This group prepares five recipes for a total of 12 people each, or 60 servings, at each session. Cost for a family of four would be \$20.

Staff support has been provided during the learning phase by the Halton Healthy Lifestyles Coalition. Child care and food subsidies can be provided when needed.

The HHLC is a partnership of community volunteers and organizations committed to promoting healthy lifestyle choices. For information about the Coalition and its activities, contact Merle Kisby at 905-842-2120.

If you would like to hear more about the Community Kitchen Project, contact Faeye Johnston at 905-825-6060, ext. 7170 or locally call Acton's Charlotte Hendry at 853-0831.

## Rockwood winner

Rockwood's Veronica Ofsonka recently won \$10,000 playing Instant Bingo.

The 58-year-old purchased her winning ticket at the Rockwood Village Store on Alma Street, and she and husband John plan to spend the money on household renovations.

# DINING OUT! WHERE TO EAT TONIGHT:

It has been said that "a good meal makes a man feel more charitable toward the world than any sermon." At these area restaurants, fine food is like a religion, prepared with care and imagination. Visit all of these featured restaurants – and bon appetit!

**Every Day's A Great Day to Visit TimBri!**

Soups - Fresh Salads - Pasta & Quiche of the Day  
Daily Luncheon Combos




40 Eastern Ave., Acton (Across from Hide House)  
Now "Smoke-Free" • Phone 853-5231

*"A Quality Eatery & Pub"*



Carol Brunelle - Chef/Manager  
129 Mill St. E., Acton • 853-3947  
(Across from Canadian Tire)



**Doing It Right, In Casual Dining**

Join us at our "friendly bar"

265 Guelph St., Georgetown 873-1869



**Harrop Restaurant & Gallery**

Enjoy Our New ...  
**SUNDAY CHAMPAGNE BRUNCH**  
From \$13.95  
**SUNDAY EVENING PRIME RIB**  
With Yorkshire Pudding  
Reservations: (905)878-8161  
345 Steeles Ave., Milton




**Open Daily for Lunch & Dinner** (Until Labour Day)  
- RESERVATIONS REQUIRED -  
**La Vieille Auberge**  
262 Main St. S., Rockwood • 856-4170

**Andy's**

Serving the Best to Acton Since 1978

Now With New, Improved Menu  
More Dishes to Choose From



13-15 Mill St. E., Acton 853-0300

## - The Big Scoop Café -

The Big Scoop Café is much more than just an ice cream store. Purchased by Heather Knapton-Allan in 1992, The Big Scoop offers many unique dishes, such as vegetarian plates, home-made burgers (Heather's husband Wayne's specialty,) chicken wings, and gourmet sandwiches, such as hot crab on a baguette.

Heather, a Guelph native, was raised in a "family general store" environment, and treats her own customers like family. She has been a part of Acton's community for many years, and enjoys meeting the friendly people here.

Drop in to The Big Scoop Café and let Heather brighten your day!



HERE'S THE SCOOP: Regular customers Don Crow (left), Mick Holmes (right) and owner Heather Knapton-Allan tempt you with treats.

**The Big Scoop Café**  
119 Mill Street East, Acton • (519) 853-5066

Soups & Sandwiches  
Daily Soups • Fresh Sandwiches  
Gourmet Nacho Dips • Chili • Chicken Wings

From the Grill  
Grilled Lemon Chicken • Home-Made Burgers  
Our Famous "Big Foot" Hotdog • Mexican New York Style Fries

Desserts  
You'll think you're in heaven!  
We offer a complete line of Ice Cream & Yogurt dishes!

Located in the Clubhouse at

**MULLIGAN'S GRILL**



**BLUE SPRINGS GOLF CLUB**  
Dublin Line, Acton

Everyone's welcome to come out for lunch or dinner and enjoy the selections off our new menu. We are serving a wide variety of dishes to satisfy everyone's palate including soup, salads, pasta, steaks, chicken, burgers, fajitas, nachos and vegetarian dishes. Open 7 days a week.

Sunday Brunch will be served from 10:30am - 2:00pm  
(Reservations required for Sunday Brunch only. Please call 853-0904.)

**BENTLEY'S**

- CHAMPION'S TELETHEATRE -

- Horse Racing every day!
- Great Lunch & Dinner Specials!
- Big Screen TV for Games!
- Large Outdoor Patio OPEN! (weather permitting)

370 Main St., Milton • (905) 878-2889